

CUMMINGTON COUNCIL ON AGING

NEWSLETTER

AUGUST, 2016

Cummington Council on Aging
P.O. Box 95,
Cummington, MA 01026
413-634-2262
coa@cummington-ma.gov



Carolyn Urekew, Director
Hours:
Wednesday & Friday
9 AM—12 PM

EVENTS – AUGUST, 2016

Mondays:

Osteoporosis Exercise	9:30-10:30 am
Coffee Hour	10:30-11:30 am
Needlework Group	1:30-3:30 pm
Board of Assessors Assistant	9:30-11:30 am
Town Admin. Assistant	9:00-11:00 am
Bryant Library	6:00-9:00 pm
Veterans' Agent - 1 st & 3 rd Mondays,	9:00-11:00 am

Tuesdays:

Aug. 9: Discussion Group	1:00-3:00 pm
Community House Library	
Aug. 16: COA Potluck Luncheon	12 Noon
Community House (3rd Tuesdays)	
Town Admin Assistant	9:00-11:00 am
Board of Health mtg 1 st & 3 rd Tues,	7:00 pm
Veterans' Agent, 3 rd Tuesdays,	6:00-8:00 pm
at the <u>Williamsburg Town Offices</u>	

Wednesdays:

COA Office Hours	9 am-12 noon
Chair Yoga with Sarah Prince	12:00-1:00 pm
Tap Dancing	4:00-4:45 pm
Compactor	5:30-7:30 pm
Bryant Library	6:00-9:00 pm

Thursdays:

August 4: COA Board of Directors	9:30 am
August 4 & 18: Movie Matinee	1:30 pm
Town Clerk	4:00-7:30 pm
Board of Assessors meeting	6:00-8:00 pm
2 nd & 4 th Thursdays	
Building Inspector	6:00-8:00 pm
Selectboard	7:00 pm

Fridays:

COA Office Hours	9 am-12 noon
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Saturdays:

Compactor	7:00-11:00 am
Bryant Library	8:30-12:30 am

Help Prevent Osteoporosis and have fun doing it!!! Healthy Bones and Balance class meets **Mondays at 9:30 AM** and is now led by Anne Parsons who recently completed the RSVP training to lead this class. Class is followed by the weekly **Coffee Hour** at 10:30 am.



August Potluck :

Burger & Hot Dog Cookout!

August 16th, Noon
Community House



Do you need a ride in order to attend? Call Carolyn at 634-2262. Come and celebrate Summer with us! Please don't be shy and don't miss out!!

Tap Dancing! The tappers are Tapping at dance class Wednesdays at 4 pm at the Community House.

****Board of Directors will meet on August 4th at 9:30 AM. The Board is looking to add new members. If you think you may be interested please call Elliot Ring, Chairman, at 634-5666.**

Movie Matinee: 1st and 3rd Thursdays 1:30 pm, August 4th & 18th: To be announced.

WOOHOO! The Cummington Ladies Lunch Bunch met on 7/13 at Webster's Fish Hook. The next outing will be to **Zucco's Family Restaurant, 451 Dalton Rd, Pittsfield on 8/10.** If you wish to carpool please be at the church by noon.

Ms. Lee Aeschback has offered her services as a Neighbor to Neighbor driver. Call her at **634-5092.** Thank you, Lee!

FRTA Van: For shopping trips on Tues. mornings, or medical appointments on Tues. afternoons, call driver, **Gary Theroux, at 413-585-0096.**

PLEASE HELP....Your Council on Aging is searching for a reliable volunteer to set up our tables and chairs for our potluck luncheons on the third Monday of the month. The volunteer can choose what time of day would be best for them. If this is something you would be willing to do, (it only takes a half hour or less – depends on you) please contact Carolyn at the COA office Wed. or Fri. 9 am -12 pm, 413-634-2262, or feel free to stop by. We will need help beginning in August.

ATTENTION: Discussion Group, "Living Fully, Aging Gracefully and Befriending Death." The group is open and welcoming to all residents of the hilltowns. They are meeting once a month on the second Tuesday, from 1:00-3:00 pm, at the Cummington Community House Library Room, 33 Main Street.

You can still get in on the conversation! The next meeting will be on August 9th. For more information, or to RSVP please contact Wynne or Lucy at 413-634-5576, or wynlucy@verizon.net or Annie at: annieb@crocker.com.

The Council on Aging extends a heartfelt THANK YOU to those in our community who continue to generously donate to help support our programs. We are grateful and appreciate all that you have done and continue to do! Because of the generous donations we have received we are able to keep our programs. The words "Thank You" don't seem to cover the gratitude we feel! (*See below*)

We're Searching for Volunteers to participate in our Neighbor to Neighbor program. We always need drivers! While the FRTA van use is encouraged, there remains a need for the one on one driver—it could be taking someone to grocery shop or to a Dr.'s appointment. If you are interested, please call Carolyn at 634-2262.



Please remember the FRTA van is running for your use. You do need to have an application in with FRTA **before** you can use it. Please let Carolyn know if you need one and she will get one to you.

Also, if you have MassHealth and need a ride to the Doctor, ask him/her for the form that you need to submit **prior to** calling the number on the back of your MassHealth card.

Hilltown Elder Network (HEN)

provides eligible seniors with up to two hours of housework/shopping/etc. per week. HEN is run by the Hilltown Community Development Corp (HCDC). If you could use a little help around the house call the new Cummington coordinator, Sandy Powers at [413-634-5558](tel:413-634-5558). Sandy also coordinates the Plainfield HEN Program.



The Cummington Council on Aging says **THANK YOU** to our Generous Supporters!

If you haven't already, won't you please consider making a contribution? Your help will support our monthly newsletter and our Neighbor to Neighbor transportation program. Many of the folks receiving these services would be isolated without our help. If you would like to make a donation, please fill out the form below and send it with your check made out to the Cummington Council on Aging and write "program support" in the memo line. We thank everyone for their continuing support.

--Carolyn Urekew, Coordinator

The Cummington Council on Aging counts on YOUR support to continue our important programs for local seniors!

☐ I would like to contribute to the COA. My contribution of \$_____ is attached.

Name _____

Address _____

Thank you for helping to Support Your Neighbors!
The Cummington Council on Aging

Regional Section

FY16 HOUSING REHAB FUNDS AWARDED!

Do you need help your housing repairs? The Hilltown CDC received funding for the FY16 Housing Rehab Program for the towns of **Chesterfield, Cummington, Goshen, Peru, Plainfield, Westhampton, and Worthington**. Funding is limited so please apply today to get on our waiting list. Call **Paula Bilo-deau, Program Manager**, at (413) 296-4536, ext. 123 for an application or for more information.

Eligible Improvements May Include:

- Roof and foundation repairs
- Sewer tie in and septic repairs
- Heating systems; oil tank removal
- Handicap accessibility work
- Plumbing and electrical repairs
- New wells drilled; pump repairs

Program Benefits Include:

- No interest, no monthly payments
- Loans may be entirely forgiven
- Detailed work specifications
- Project oversight
- Contractor selection assistance

Eligible Homeowners Should:

- Live in a single-family, owner-occupied housing unit
- Be current with property taxes and mortgage payments
- Fall within the income guidelines (*see next column*)



Program eligibility will be determined on an individual basis. Other restrictions or requirements may apply depending on a household's current situation and circumstances.

Note: The Hilltown Community Development Corporation's Housing Rehab Program provides services to Chesterfield, Cummington, Goshen, Peru, Plainfield, Westhampton, Williamsburg, and Worthington. Funding is not available in all eight towns at all times. If you live in a town not listed above, the Housing Rehab Program for your area may be administered by the Pioneer Valley Planning Commission at 413-781-6045.

HOUSEHOLD INCOME GUIDELINES/LIMITS:

Household Size	Maximum Gross Annual Income
1	\$46,000
2	\$52,600
3	\$59,150
4	\$65,700
5	\$71,000
6	\$76,250
7	\$81,500
8	\$86,750

Seniors Aware of Fire Education

Senior 
SAFE

It's summer, which is a great time to get some fresh air and exercise by going out for a walk. The question this month is:

What are the safest kind of shoes to wear?

**Well fitted, low heeled shoes with non slip soles are much safer than high heels, thick soled athletic shoes, slippers or stocking feet.
Be SAFE!**

--Worth Noyes, SAFE Educator
Williamsburg & Cummington Fire Departments

H.E.L.P.

Legal services available to low-income elders. The Hampshire County Bar Association has announced a \$15,000 grant to The Hampshire Elder Law Program (HELP) to address the unmet needs of elders in Hampshire County. HELP will provide civil legal services at no cost to low income elders 60 years of age or older who need assistance and are unable to retain an attorney, including bankruptcy, consumer protection, divorce, guardianship, health care proxies, powers of attorney, probate of estates, and wills. Attorneys will be paid \$50/hour with a cap of \$1,000 per case, and will also accept at least one pro bono case per year. Contact Rebecca Ryan, Executive Director, Hampshire County Bar Association at 413-586-8729, hcba@crocker.com, or call your COA or Senior Center for further assistance.

Angel Park Summer Music Series

Thursdays, 6-7:30 pm

Williamsburg, behind the Grange Hall

Bring a lawn chair, maybe a picnic...

Aug 4: Louise Mosrie

Aug 11: Susan Farrell accompanied by Nick Kachulis

Aug 18: Show of Cards

Aug 25: Smack My Bishop

www.facebook.com/AngelParkQuietReflectionsGarden/timeline



Photo by Tom Adams, Folktopography by Tom

FREEZE!

Caught your attention this summer, didn't I? No, while ice cream or really cold beer would be fun to write about, the freeze I'm talking about is on your credit report. A freeze will prevent an identify thief who has your social security number from accessing your credit and opening a new credit card or medical account. For instance, with your social security number and an application, a thief can apply for a card to be mailed to him, have the credit card company look at your credit report, issue the card to him, and away he goes charging along. You may not know for months if this has happened.

State laws vary a bit, but in Massachusetts each of the three major credit reporting agencies, Equifax, Experian and TransUnion, will do a freeze for you. That means no new credit can be issued. You will get a pin that you can use to lift the freeze temporarily, say if you want a potential creditor to see your credit report, then use the pin and re-freeze.



A freeze does not affect your score, keep you from seeing your free annual credit report, or keep you from opening a new line of credit. Existing creditors will still be able to see your credit report. The downsides? The credit reporting agencies can charge a small fee for this service. It is a bother to manage this. Some online reviews have said they had trouble getting their freeze lifted. SO, I wanted to let you know of this option, but I just monitor my social security number and accounts like a hawk.

Coolly,

Jean O'Neil, Triad Committee Member

Congregate Meals

Every Tuesday—Thursday at 11:45 Williamsburg Senior Center serves complete meals provided by Highland Valley Elder Services along with sponsored desserts from CareOne and HighView Nursing/Rehab facilities (on the 1st & 3rd Thursdays). All seniors are welcome! If you've never come, you might enjoy having a nice lunch with folks who love to eat and chat! Call at least two days ahead to make your reservation. We must have a reservation to feed you. 268-8407.

Regional Activities: Other area Senior Centers offer activities that all are welcome to attend!

(All activities may not be listed. Call for additional information.)

Chesterfield: Nancy E. Braxton (296-4007)

Smith Vocational Meals Wednesdays 10 am (in season)
Advanced Tai Chi Mondays, 9:30 am
Beginner's Tai Chi, Thursdays, 6:30 pm
Feldenkrais, Mondays, 7 pm
Chair Yoga, Tuesdays, 10 am
Mah-Jongg, Wednesdays 1-4 pm
Chair Massage, first Monday 9-10:30 am
Foot Clinic, first Wednesday bi-monthly 10-12
Men's Breakfast, first Thursday of each month, 9 am
Brown Bag, second Thursday of each month, 10 am

Cummington: Carolyn Urekew (634-2262)

COA Potluck Luncheons Monthly
Coffee Hour, Mondays, 10:30-11:30
Osteoporosis Exercise, Mondays, 9:30 am
Chair Yoga, Wednesdays, noon
Tap Dancing, 4-4:45
Movie Matinee, 1st & 3rd Thursdays, 1:30 pm

Goshen: Rose Clark (268-9444)

COA Luncheons (call for info)
Foot Care Clinic, Monthly

Plainfield: Deborah Thibault (634-0275)

Bi-monthly COA Potluck Luncheons, more to come.

Westhampton:

Knitting Group, Library, Mondays, 6:30 pm
Coffee & Social Time, Library, Wednesdays, 10 am
Walking Groups, Mon, Wed, Fri, 8 & 9 am
Monthly Movie at Library 2nd Thursday (call for info)
Chair Yoga, Thursdays, 9 am
Breakfast 3rd Friday, 8-9:30 am

Williamsburg: Marie Westburg (268-8407)

Monday Meals, weekly 11:45
Highland Valley Congregate Meals, Tues-Thurs. 11:45
Tai Chi Classes, Thursdays 9:30-10:30 am
Intermediate Gentle Yoga, Tuesdays, 10:30 am
Yoga for You, (more advanced adult) Tuesdays, 6-7 pm
Healthy Bones & Balance Mon 10-11 am, Thurs 4-5 pm
Brown Bag, 2nd Thurs 9:30-1 & BP Clinic, 11:30
Podiatry every other month (usually 2nd Wed)
Foot Nurse, 4th Wednesdays

Worthington: Sandra Epperly (238-5584)

Monthly Potluck Luncheon
Knitting group, Tuesdays 3-5 pm
Coffee and Caring, 1st Thursday 10:30 am
Healthy Bones & Balance, Mon. & Friday 10:30-11:30
Veteran's Agent - 2nd & 4th Monday 9-11 am

The Challenges of Male Friendships

by Jane E. Brody

Christopher Beemer, a 75-year-old, notes how well his wife, Carol, maintains friendships with other women and wonders why this valuable benefit to health and longevity “doesn’t come so easily to men.” He suggested exploring ways to promote male friendships, especially for retired men who often lose regular contact with colleagues who may have similar interests and experiences.

Marla Paul wrote a book, “The Friendship Crisis: Finding, Making, and Keeping Friends When You’re Not a Kid Anymore,” about establishing meaningful friendships with other women. She was inundated with requests from men to give equal treatment to male friendships. “They felt that making and keeping friends was a lot harder for men, that close friendships were not part of their culture.”

Two Boston-area psychiatrists, Dr. Olds and Dr. Schwartz, found that, “men were so caught up in working, building their careers and being involved with their children, something had to give, and that was connection with male friends. Their lives just didn’t allow time for friendships.” The doctors noted a tendency for men to foster stronger, more intimate marriages at the expense of nearly all other social connections.

When these men are older and work no longer defines their social contacts, “there’s a lot of rebuilding that has to be done” if they are to have meaningful friendships with other men,” Dr. Schwartz said. From childhood on “men’s friendships are more often based on mutual activities like sports and work rather than what’s happening to them psychologically. Women are taught to draw one another out; men are not.” Some married men consider their wives to be their best friend, and many depend on their wives to establish and maintain the couple’s social connections, which can all but disappear when a couple divorces or the wife dies.

Many men believe that talking about personal matters with other men is not manly. The result is often less intimate, more casual friendships between men, making the connections more tenuous and harder to sustain. Dr. Olds said, “I have a number of men in my practice who feel bad about having lost touch with old friends. Yet it turns out men are delighted when an old friend reaches out to revive the relationship.” Men might need a stronger signal than women do to reconnect. It may not be enough to send an email to an old friend. It may be better to invite him to visit.” He observed, “Men have a harder time reaching their emotions and are less likely than women to reveal their

emotional side. But when you have a real friendship, it’s because you’ve done just that.”

Mr. Beemer has worked hard to establish and maintain valuable relationships with other men of a similar vintage. He joined a men’s book group that meets monthly, and “it became a group where the members really mean something to one another.” He’s also in a men’s walking group that meets three times a week and gathers after each walk to share more conversation and a snack at a local cafe.

“What sustains relationships over time is a regular rhythm of seeing each other,” Dr. Schwartz said. “It’s best to build a regular pattern of activities rather than having to make a special effort to see one another.” He recalls “curing” a 70-year-old patient of his loneliness by encouraging him to join a bunch of guys who regularly dined and joked around at a neighborhood Panera Restaurant. Another man made several new friends and enjoyed lovely dinners with other men when he joined a group called Romeo, an acronym for retired old men eating out.

Among other ways men can make new friends in their later years are participating in classes, activities, trips and meals at senior centers; taking continuing education courses at a local college; joining a gym or Y; volunteering at the senior center, hospital, school or animal shelter; forming a group that plays cards or board games together; perhaps even getting a dog to walk in the neighborhood.

The Chesterfield COA has been successfully serving Men’s Breakfast for quite a while. Contact your Senior Center/COA about possible men’s activities.

Don’t be a stranger, go out and socialize!

Condensed from a NY Times article at
http://well.blogs.nytimes.com/2016/06/27/the-challenges-of-male-friendships/?_r=0



Cummington Council on Aging
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**CUMMINGTON
COUNCIL ON AGING**

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CUMMINGTON COA NEWSLETTER HAS BEEN FUNDED IN PART BY: GENEROUS DONATIONS,
THE TOWN OF CUMMINGTON, and THE EXECUTIVE OFFICE OF ELDER AFFAIRS

*The Westhampton and Chesterfield Coordinated Family
and Community Engagement Programs (CFCEs) invite
Hilltowners of all ages, from preschoolers to seniors, to:*

Get Wild
with
Zoo on the Go

Presenting at two locations:

10am Tuesday, August 16th
Westhampton Public Library
1 North Rd. Westhampton

10am Friday, August 19th
Chesterfield Community Center
400 Main Rd. Chesterfield



This program will bring a variety of live animals and artifacts for children to see and learn about. The presenters will provide information about the animals, their special adaptations, habitats, behavior, diets, and status in the wild. Children will be able to touch and observe the animals, as well as ask questions. Please contact Pat Miller with any questions: 527-2404. *Zoo on the Go* is an educational outreach program run by The Zoo in Forest Park in Springfield.

FREE and open to the public! All ages welcome.

Funded in part by a multigenerational grant from Highland Valley Elder Services to the Chesterfield and Westhampton COAs, Chesterfield Public Library, CFCEs of Westhampton and Chesterfield, Davenport Childcare, and New Hingham PTO.

*The Westhampton Council on Aging invites Hilltowners
of all ages, from preschoolers to seniors, to:*

**Dust off your dancing shoes
and enjoy music with
Carolyn Mazel**

10am Wednesday, August 24th
Westhampton Public Library
1 North Rd. Westhampton



Watching young children have fun singing and moving is so joyful, and joining them in that music-making fun is even more so! Please be a "grandfriend" and join families with young children in a morning of song, dance, an instrument "jam" and more. You can do as much or as little as you're comfortable with; just being there is guaranteed to be a good time! Led by Carolyn Mazel, who teaches Music Together® - an early childhood music and movement program - in Northampton.

FREE and open to the public! All ages welcome.

Funded in part by a multigenerational grant from Highland Valley Elder Services to the Chesterfield and Westhampton COAs, Chesterfield Public Library, CFCEs of Westhampton and Chesterfield, Davenport Childcare, and New Hingham PTO.